# MENOPAUSAL HORMONE THERAPY (MHT) - pessary

## What does it do?

As you go through menopause, you produce less of the hormone oestrogen. MHT pessaries contain oestrogen, which helps treat vaginal symptoms of menopause.

For more information see the Australasian Menopause Society.

## Before you start

- Women taking MHT may have a small increased chance of breast cancer. Tell your doctor if you, or someone in your family, has ever had breast cancer.

## How should you use it?

Remove the wrapper before inserting the pessary into the vagina as directed.

## What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and insert your next dose at the usual time. Otherwise, insert the missed dose as soon as you remember. Do not insert two doses at the same time.

## Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs.

## What side effects might you notice?

| Side Effects | Recommended action |
|---|---|
| Unexpected vaginal bleeding | Tell your doctor |
| Headache<br>Sore or enlarged breasts<br>Vaginal itch/discharge<br>Stomach upset, stomach cramps, bloating | Tell your doctor if troublesome |

If you notice any other effects, discuss them with your doctor or pharmacist.

## Other information:

- MHT does not protect against pregnancy. You can still get pregnant up to 1 year after your last period if you are older than 50, or up to 2 years if you are under 50. Talk to your doctor about contraception options.
- MHT is also known as hormone replacement therapy (HRT).